

Required Equipment

Bicycles are governed by the California Vehicle Code (CVC). There is certain equipment that is required of all bicycles. Following, is an overview of that equipment.

MUST HAVE A BRAKE

All bicycles must have a brake which can make at least one wheel skid on dry level pavement.

PROPER HANDLEBAR HEIGHT

The handlebars must not be so high that the rider has to raise their hands above their shoulders to hold the steering grips.

BIKE MUST "FIT THE RIDER"

The bicycle must not be so large that the rider cannot stop, support it with one foot on the ground, and restart it again.

PROPER LIGHTING AFTER DARK

When riding during darkness, your bicycle must have the following:

- A white light either on the bike or rider, facing forward and visible from 300 feet
- A red reflector, facing to the rear and visible from 500 feet
- Yellow reflectors, on each pedal, visible from 200 feet
- White or red reflectors on each side

Smart Cycling

Conduct a mechanical inspection each time before you ride your bicycle. Make sure the wheel bolts are tight and brakes are working properly. Make sure the steering moves freely. Always check the fit of your bicycle before riding. Make sure the handlebars and seat are of proper height. Always ride with both hands on the handlebars. And never forget to **wear your helmet!**

Don't forget to license your bicycle. Long Beach Municipal Code requires it, and you stand a better chance of getting your bike back in the event it is stolen.

Visit any fire station to get a license. Saturday and Sunday 8:30am-12:00noon

For further information regarding this brochure, or for other crime prevention material, call or write to:

**Long Beach Police Department
Community Relations Division
Crime Prevention Unit
100 Long Beach Boulevard
Long Beach CA 90802
(562) 570-7215**

Bicycle Safety



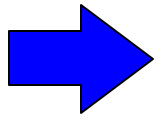
**An Overview
Provided By The
Long Beach
Police Department**

Wear a helmet.....it could save your life.

Head injury causes 75% of the 800+ annual deaths from bicycle crashes. Medical research shows that a bicycle helmet can prevent 85% of cyclists' head injuries.

MAKE SURE IT FITS PROPERLY

Your helmet must stay on your head when you fall. It needs a strong strap and an equally strong fastener. The helmet should sit level on your head and cover as much as possible. With the strap fastened you should not be able to get the helmet off your head by any combination of pulling or twisting. If it comes off or slips enough to leave large areas of your head unprotected, adjust the straps again or try another helmet. Keep the strap comfortably snug when riding.



**90% of bicyclists
killed in the year
2000 were not
wearing helmets**

WEAR AN APPROVED MODEL

A sticker inside the helmet tells what standard it meets. Helmets made after 1999, for sale in the United States, must meet U.S. Consumer Product Safety Commission (CPSC) standards. Look for a CPSC sticker, to make sure your helmet meets these standards.

HELMET MAINTENANCE

Check your helmet each time before riding. Replace your helmet if you notice any cracks or shell separation. Most manufacturers recommend replacing your helmet every 5 years or after an accident. Many manufacturer warranties will replace your helmet at a reduced cost if you are involved in an accident.

California law requires that persons under the age of 18 wear an approved helmet when operating or riding as a passenger on a bicycle. A first offense results in a warning. Subsequent offenses result in a fine. Parents are jointly responsible for minor children. More importantly, you are at risk of serious injury or death if you ride without a helmet.

CHILDREN AND HELMETS

California state law requires that children under the age of 18 wear a helmet while riding a bicycle. As with adults, make sure it is an approved model, which fits properly. **A helmet is ineffective unless it fits correctly and is properly fastened.**

HELMETS AND PLAYGROUNDS

In February, 1999, the first death in the U.S. involving a bike helmet catching on playground equipment occurred. Be sure to teach your children to remove their helmets before using playground equipment or climbing trees.

Applicable Laws

The California Vehicle Code (CVC) states that you must obey the rules of the road when operating a bicycle on a public road. There are many laws pertaining to bicycles, outlined in the vehicle code.

- Ride on the right side of the road
- Stop at all stop signs and red lights
- When riding with a group, ride single file
- Only one rider per seat

- Yield the right-of-way to pedestrians
- Do not ride on the handlebars or anywhere other than the seat
- Use hand signals before turning
- Do not "hitch rides" with vehicles
- Use bicycle lanes if available
- Keep both hands on the handlebars
- Do not ride on freeways or other roads marked "no bicycles"
- Do not ride on the sidewalk in business districts
- Use the required lighting when riding after dark

**70% of all car vs.
bicycle accidents
occur near drive-
ways or other
intersections**

